

CONTENTS OF VOLUME 2, 1970

No. 1, Spring, 1970

Memorial to Arthur H. Steinhaus	viii
A critical review of the "Aerobics" points system J. Massie, A. Rode, T. Skrien and Roy J. Shephard	1
Physiological alterations resulting from a 10-week program of jogging Jack H. Wilmore, J. Royce, Robert N. Girandola, Frank I. Katch and Victor L. Katch	7
Ventilatory response during recovery from muscular work and its relation with O ₂ debt Hugh G. Welch, John A. Faulkner, Jack K. Barclay and George A. Brooks	15
Exercise proteinuria Lawrence V. Perlman, David Cunningham, Henry Montoye and Benjamin Chiang	20
Psychological effect of weight reduction in the college wrestler William P. Morgan	24
Lower-limb actions while running at different velocities Wayne E. Sinning and Harry L. Forsyth	28
An electromyographic study of four abdominal exercises Stanley Lipetz and Bernard Gutin	35
Causative factors in hamstring strains Lee Nelson Burkett	39
An investigation into the evaluation of hockey helmets D. G. Bellow, S. Mendryk and V. Schneider	43

No. 2, Summer, 1970

Editorial	vi
Swimming in small laboratory animals C. A. Dawson and Steven M. Horvath	51
The effects of exercise during formative periods on the resting heart rate and swimming endurance of adult rats Donald H. Hardin and Brian J. Kelly	79
Alveolar ventilation in near maximum exercise. Data on pre-adolescent children and young adults Roy J. Shephard and Oded Bar-or	83
Skinfold estimates of body fat among marathon runners D. L. Costill, R. Bowers and W. F. Kammer	93
Athletes, academic self-concept and achievement Terry Schurr and Wilbur Brookover	96
The effects of viewing college football, basketball and wrestling on the elicited aggressive responses of male spectators Edwin T. Turner	100

No. 3, Fall, 1970

The effects of alternate exposure to altitude and sea-level on world-class middle-distance runners Jack Daniels and Neil Oldridge	107
Body composition changes with a 10-week program of jogging Jack H. Wilmore, J. Royce, Robert N. Girandola, Frank I. Katch and Victor L. Katch	113
Physical work capacity and maximum oxygen uptake in treadmill and bicycle exercise William D. McArdle and John R. Magel	118

AUTHOR INDEX TO VOLUME 2

Anderson, Bruce D.	162	Lastovkova, L.	191
Arient, M.	191	Lawler, Lee	142
Baptista, G.	182	Lipetz, Stanley	35
Barclay, Jack K.	15, 177	Magel, John R.	118
Bar-or, Oded	83	Marley, William P.	137
Bellow, D. G.	43	Massie, J.	1
Blosser, Thomas G.	218	Mastropaolo, J. A.	124
Bos, Ronald R.	218	McArdle, William D.	118
Bowers, R.	93	Mendez, J.	193
Brand, Frank R.	213	Mendryk, Stephen	43, 172
Brookover, Wilbur	96	Metzner, Helen	209
Brooks, George A.	15	Michael, Ernest D., Jr.	128
Buffington, Robert E.	142	Montoye, Henry J.	20, 209
Burkett, Lee Nelson	39	Morgan, William P.	24, 213
Buskirk, E. R.	193	Mueller, C. E.	162
Chiang, Benjamin	20	Nagle, F.	182
Costill, D. L.	93	Oldridge, Neil	107
Cunningham, David	20	Outwater, John O.	231
Daniels, Jack	107, 182	Perlman, Lawrence V.	20
Dawson, C. A.	51	Poortmans, J.	187
Dodge, Horace J.	209	Purdy, J. Gerry	152
Faulkner, John A.	15	Ramey, Melvin R.	146
Feinerman, Adrian D.	213	Reid, David C.	172
Forsyth, Harry L.	28	Roberts, John A.	213
Frantz, Mary E.	209	Robinhold, D.	182
Frisancho, A. Roberto	209	Rode, A.	1
Gardner, James B.	152	Royce, J.	7, 113
Girandola, Robert N.	7, 113	Schmid, L.	191
Gutin, Bernard	35	Schneider, V.	43
Hardin, Donald H.	79	Schurr, Terry	96
Harris, Dorothy V.	203	Serbin, John A.	142
Horvath, Steven M.	51, 128	Sharkey, Brian J.	197
Howard, J. Michael	224	Shaver, Larry G.	165
Howley, E. T.	182, 193	Shephard, Roy J.	1, 83
Johnson, Robert E.	142	Sinning, Wayne E.	28
Joye, H.	187	Skinner, J. S.	193
Kachadorian, William A.	142	Skrien, T.	1
Kammer, W. F.	93	Stainsby, Wendell N.	177
Katch, Frank I.	7, 113	Stoedefalke, K.	182
Katch, Victor L.	7, 113	Turner, Edward T.	100
Kelly, Brian J.	79	Welch, Hugh G.	15
Kelly, Raymond	172	Wiley, Jack F.	132
King, Peter G.	172	Wilmore, Jack H.	7, 113
Kraus, Jess F.	162	Woodall, Thomas	142
Kroemer, K. H. Eberhard	224	Zenisek, A.	191
		Zenisek, Z.	191

Contents of Volume 2, Continued

— Prediction of $\dot{V}O_2$ consumption in middle-aged men by multiple regression <i>J. A. Mastropalo</i>	124
Responses of young women to gradually increasing and constant load maximal exercise <i>Steven M. Horvath and Ernest D. Michael, Jr.</i>	128
Effects of body position and exercise on left ventricular intervals <i>Jack F. Wiley</i>	132
Resting platelet count and physical fitness <i>William P. Marley</i>	137
The regularity of "athletic pseudonephritis" after heavy exercise <i>William A. Kachadorian, Robert E. Johnson, Robert E. Buffington, Lee Lawler, John J. Serbin and Thomas Woodall</i>	142
Force relationships of the running long jump <i>Melvin R. Ramey</i>	146
Computer generated track scoring tables <i>James B. Gardner and J. Gerry Purdy</i>	152
A helmet for college intramural ice hockey — a comparative study <i>Jess F. Kraus, Bruce D. Anderson and C. E. Mueller</i>	162
Cross Education: effects of training on relative muscular endurance in ipsilateral and contralateral arms <i>Larry G. Shaver</i>	165
The effect of actively increased muscle temperature on grip strength <i>Peter G. King, Stephen Mendryk, David C. Reid and Raymond Kelly</i>	172
 No. 4, Winter, 1970	
Memorial to Percy M. Dawson	v
Exercise Metabolism: $\dot{V}O_2$ deficit, steady level $\dot{V}O_2$ uptake and $\dot{V}O_2$ uptake for recovery <i>Wendell N. Stainsby and Jack K. Barclay</i>	177
Lactic acid accumulation during running at submaximal aerobic demands <i>F. Nagle, D. Robinhold, E. Howley, J. Daniels, G. Baptista and K. Stoedefalke</i>	182
Increase in hematocrit and serum proteins during arm exercise <i>H. Joye and J. Poortmans</i>	187
Metabolites of nuclear acids in urine after physical exertion <i>L. Schmid, M. Arient, Z. Zenisek, L. Lastovkova and A. Zenisek</i>	191
Effect of different intensities of exercise on catecholamine excretion <i>E. T. Howley, J. S. Skinner, J. Mendez and E. R. Buskirk</i>	193
Intensity and duration of training and the development of cardiorespiratory endurance <i>Brian J. Sharkey</i>	197
— Physical activity history and attitudes of middle-aged men <i>Dorothy V. Harris</i>	203
A comparison of morphological variables in adult males selected on the basis of physical activity <i>A. Roberto Frisancho, Henry J. Montoye, Mary E. Frantz, Helen Metzner and Horace J. Dodge</i>	209
Psychological effect of chronic physical activity <i>William P. Morgan, John A. Roberts, Frank R. Brand and Adrian D. Feinerman</i>	213
An electromyographic study of vastus medialis and vastus lateralis during selected isometric exercises <i>Ronald R. Bos and Thomas G. Blosser</i>	218
Towards standardization of muscle strength testing <i>K. H. Eberhard Kroemer and J. Michael Howard</i>	224
On the friction of skis <i>John O. Outwater</i>	231